Resiliency

Hunt the Good Stuff

Mission and Vision

Mission: I**mplements the Comprehensive Soldier Fitness Program, identifies and trains Master Resiliency Trainers (MRTs) and commences annual resiliency sustainment training in order to enhance overall performance, improve unit level readiness, and sustain a balanced, healthy, campaign capable, expeditionary army**

End state: Will improve unit readiness and performance by implementing the Resiliency Training program. The end state will see a more balanced, healthy and capable Brigade Combat Team

Task, Conditions, Standards

Task: Notice positive experiences in order to enhance their gratitude and positivity.

Conditions: Within a classroom environment and 30 minute timeframe.

Standards: Workforce is provided a “tool” to counter the negativity bias, create positive emotion, and notice and analyze what is good.

Key Principles

Counteracts the negativity bias: You can counteract the negativity bias–the tendency to pay more attention to bad events than positive events–by recording three good things on a regular basis.

Optimism: Hunt the Good Stuff builds all of the MRT competencies; Optimism is a primary target.

Bottom Line Up Front

Hunt the Good Stuff helps to build Optimism.

Hunt the Good Stuff builds positive emotion, such as gratitude and counteract the neg

What does it Do?

Leads to:

- Better health, better sleep, feeling calm
- Lower depression and greater life satisfaction
- More optimal performance
- Better relationships

Journal/Examples

Record three good things each day. Next to each positive event that you list, write a reflection (at least one sentence) about:

- –Why this good thing happened
- –What this good thing means to you
- –What you can do tomorrow to enable more of this good thing
- –What ways you or others contribute to this good thing

Examples
Date: 9 Feb 2010
Good Thing 1: I got a letter from home and my daughter drew a picture of us together.
Reflection: I've got a great family and they show me that they miss me when I'm away.

Good Thing 2: My boss took time from his day to tell me I was doing a good job.
Reflection: He cares about all of us and wants us to know that we're doing good work.

Reflection Topics

How did recording your good things affect your emotions, how engaged you felt, and your sense of meaning?

How did recording your good things affect how you interacted with others? How you treated yourself?

What patterns did you notice in what you counted as a good thing (e.g., they were all family related, or had to do with nature, or were things that you had no hand in creating)? What does this mean to you?

How do you understand any patterns you saw in your good things (e.g., “I tend not to give myself credit for successes and noticed that none of my good things related to things I had done or helped to create.”)?

How important was it for you to elaborate on the good things by writing about what they mean to you, why they occurred, what you learned, etc.? What did you learn by writing about the good things?

Reflection Topics Cont'd

How much did you share or discuss the good things you wrote about with others? What did you notice about what you share, with whom you share, and how it feels for you to share your good things with others?

In what ways did your Character Strengths contribute to what you noticed as a good thing?

In what ways does this exercise build Character Strengths in you?

How would you apply this exercise in the Workforce? With individuals? With groups?

Applications

How can you use Hunt the Good Stuff to enhance your performance?

How did keeping track of positive events and experiences affect how you interacted with others?

Check on Learning

What is the skill?

Hunt the Good Stuff is used to notice positive experiences to enhance optimism, gratitude, and other positive emotions.

When do I use it?

Hunt the Good Stuff on a regular basis in order to counteract the negativity bias.

How do I use it?

Write down three positive experiences from the day and write a reflection about why the good thing happened, what the good thing means to you, what you can do to enable more of the good thing, or what ways you or others contributed to the good thing.

Summary

Key Principles

Counteracts the negativity bias: You can counteract the negativity bias the tendency to pay more attention to bad events than positive events by recording three good things on a regular basis.

Optimism: Hunt the Good Stuff builds all of the MRT competencies; Optimism is a primary target.

Check on Learning

What is the skill? Hunt the Good Stuff is used to notice positive experiences to enhance optimism, gratitude, and other positive emotions.

When do I use it? Hunt the Good Stuff on a regular basis in order to counteract the negativity bias.

How do I use it? Write down three positive experiences from the day and write a reflection about why the good thing happened, what the good thing means to you, what you can do to enable more of the good thing, or what ways you or others contributed to the good thing.

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Questions